



Neighborhood and Community Services

LEGS WORK

Join us for A Legs Work Presentation by the Center for Vein Restoration at the James Lee Senior Center!

James Lee Senior Center
2855-A, Annandale Road, Falls Church, VA 22041
Tuesday, April 16, 12:30 p.m.
Open to participants 55 years and older
Registration is not needed
No Charge



The Legs Work program is an interactive session that will discuss the necessary steps to keep one's leg veins healthy as one ages. Unhealthy leg veins are a serious issue that affects 50 percent of woman over the age of 50 and 30 percent of men. This condition can lead to tired, heavy and achy legs. In addition individuals with this problem can experience big bulging leg veins, leg swelling and lower leg ulcers. This program will discuss signs, symptoms and treatment options and will give an individual tips to avoid these problems. There will also be a live leg ultrasound demonstration.

For more information, call Greg Williams 703-534-3387, ext. 217, TTY 711.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

